

SWIMMING & DIVING





Swimming & Diving Coaches' Committee

(Listed by Districts)

(1)	Cathy Hudson	Fairhope	hokiehudson@mchsi.com
Bi-District	N/A		
(2)	Trent Trawick	Enterprise	ttrawick@enterpriseschools.net
(3)	Mark Skipper	Prattville	mary.skipper@acboe.net
Bi-District	N/A		
(4)	Jeff Dellinger	Auburn	
(5)	Joe Raines	Westminster	jeff@amarketingstore.com
Bi-District	Anthony Harris	Central Tuscaloosa	aharris@tusc.k12.al.us
(6)	Paula Reynolds	Gadsden City	preynold@gcs.k12.al.us
(7)	Rachel Graves	Florence	rigraves@florencek12.org
Bi-District	N/A		
(8)	Wade Thaxton	Bob Jones	wthaxton@madisoncity.k12.al.us

The Championship Program

First Practice – Aug. 5 First Contest – Aug. 22

Online Requirements For All Sports

POSTING SCHEDULES

Schools must post season schedules on the AHSAA website in the Members' Area by the deadline dates listed below. Failure to do so could result in a fine assessed to the school. Schools may go online and make any changes immediately as they occur.

Deadlines for posting schedules:

May 1 – fall sports (football only)

June 1 – fall sports (volleyball, cross country, swimming & diving)

Sept. 15 – winter sports (wrestling, basketball, indoor track)

Jan. 15 – spring sports (baseball, softball, outdoor track, soccer, golf, tennis)

POSTING ROSTERS

Schools are required to post team rosters prior to its first contest of the season.

POSTING SCORES

Schools are also required to post scores of contests online immediately following all contests in the regular season (and within 24 hours after regular season tournaments) and in the playoffs or be subject to a fine.

In the post-season playoffs, failure to report scores immediately after a contest will subject the school to a fine.

1. The swimming and diving program consists of two divisions 1A-5A and 6A-7A for boys and two divisions for girls with competition in sectional and state meets.
2. Swimming competitions require students to meet qualifying standards in order to participate in the Sectional Meet. There are no qualifying standards for diving and swimming relays for the sectional meet. In order to participate at the State Meet, students will qualify by finishing in the top three at each Sectional Meet or by meeting qualifying standards at the Sectional Meet.
3. State meet: Diving competition consists of five voluntary dives and six optional dives. The five voluntary dives shall come from each of the five groups with their assigned degree of difficulty having a sum total of 10.0 or less. The six optional dives shall include at least one from each of the five groups. No more than one optional dive from the same group is permitted through the semifinals. All five groups must be represented in the first eight rounds.
4. Each high school is limited to eight meets prior to the sectional and state meets.
5. All participants must be eligible under AHSAA rules. Only high school varsity teams and individuals representing high schools are eligible for the state meet.
6. All high school meets will be conducted under National Federation rules.
7. All participants in any meet must be accompanied by a certified coach from their school.
8. Schools that fail to participate in sectional or state meet after submitting entry forms are subject to a monetary fine.

Special Rules

1. Participants must equal or exceed the established qualifying times for individual swimming events in order to be eligible for the sectional meet. There are no qualifying standards for relay events and diving.
2. Qualifying times may be achieved anytime after Aug. 1, 2019, in sanctioned high school meets, USA-sanctioned meets, Parks and Recreation-sponsored meets and any other approved meet. (A seasonal membership fee may be involved with participation in the USA swimming meets.)
3. If a swimmer fails to achieve qualifying time in any sectional meet event, the coach must provide Proof of Performance for the entered time (a copy of meet results). Otherwise, the swimmer will be disqualified from the sectional meet. A Proof of Performance clerk will be available at the head table.
4. Sectional Meet qualifying times:

Boys		Event	Girls	
1A-5A	6A-7A		1A-5A	6A-7A
		200 Medley Relay		
2:24.99	2:13.99	200 Freestyle	2:36.99	2:25.99
2:40.99	2:29.99	200 IM	2:55.99	2:41.99
0:29.99	0:27.99	50 Freestyle	0:30.99	0:30.99
		Diving		
1:10.99	1:07.99	100 Butterfly	1:17.99	1:13.99
1:04.99	1:00.99	100 Freestyle	1:07.99	1:07.99
6:30.99	6:00.99	500 Freestyle	6:57.99	6:23.99
		200 Freestyle Relay		
1:23.99	1:08.99	100 Backstroke	1:18.99	1:13.99
1:22.99	1:16.99	100 Breaststroke	1:31.99	1:24.99
		400 Freestyle Relay		

5. State Meet qualifying times (based on the 2018 meet results):

Boys		Event	Girls	
1A-5A	6A-7A		1A-5A	6A-7A
2:06.09	1:55.69	200 Medley Relay	2:13.00	2:03.09
2:10.89	1:57.09	200 Freestyle	2:15.09	2:06.49
2:25.79	2:12.09	200 IM	2:35.09	2:22.89
0:24.69	0:23.69	50 Freestyle	0:27.39	0:26.19
200.00	200.00	1M Diving	200.00	200.00
1:05.19	58.09	100 Butterfly	1:12.09	1:03.09
0:56.29	52.89	100 Freestyle	1:00.89	57.49
5:53.69	5:20.19	500 Freestyle	6:03.79	5:40.09
1:50.49	1:41.89	200 Freestyle Relay	1:59.09	1:50.19
1:06.19	1:00.19	100 Backstroke	1:09.39	1:04.49
1:14.79	1:08.29	100 Breaststroke	1:18.19	1:13.69
4:15.99	3:52.69	400 Freestyle Relay	4:15.99	4:09.89

Sectional Meets

- DATE:** Nov. 22-23, 2019
- SITES:** South – Mobile – Bishop State Pool, 351 North Broad St., Mobile, Alabama 36633
Central – Birmingham – Birmingham CrossPlex, 2337 Bessemer Rd., Birmingham, AL 35208
North – Huntsville – Huntsville Natatorium, 2213 Drake Ave., Huntsville, AL 35805
- DIRECTORS:** TBA
- REFEREES:** TBA
- ENTRIES:** All swimming entries must be submitted using HY-Tek and all diving entries must be submitted using Dive Meets. Information regarding Hy-Tek and Dive Meet is available on the AHSAA website Swimming & Diving page. Once entered on HY-Tek and Dive Meets, each school should e-mail their entries to the appropriate Sectional Meet director below by Monday, Nov. 11, 6 p.m.:
South – Tyler Kerns, SHSCcoachTK@aol.com
Central – Murray Lewis, jrlewis84@yahoo.com
North – Matt Webber, coachmatt@swimhsa.org
- Late entries will not be accepted. It is the school's responsibility to enter individual swimmers. Teams will receive a confirmation e-mail with entry lists for final approval. **NO LATE ENTRIES OR DECK SEEDED ENTRIES WILL BE ALLOWED.**
- ENTRY LIMIT:** A team may enter only six (6) individuals per event and one (1) relay team per event. A participant may enter a maximum of four (4) events (diving events included), no more than two (2) of which may be individual events. Entries exceeding the limit will be deleted from the fifth entry on. Only the top 4 finishes will advance into Finals. **Only certified AHSAA coaches should be on the deck.**
- NOTE:* Schools may enter their relay teams without individual names. It shall not count as an entry unless the competitor actually competes in the event. All students included in the entry may swim in the prelims, swim-offs and/or finals of relays provided he/she does not exceed the permitted entries for the meet. A relay alternate may be listed beside an entry's name, but any substitution must be made prior to the start of the meet. 4 alternates may be listed for all relays. An event may be deleted at any time; however events may not be added after the entry deadline. **Sectional Qualifying times can be achieved at any meet from the start of the school year until the entry deadline date. If a Sectional time is not met at the meet then a coach must show proof of time to the Meet Director.**
- ENTRY FEES:** \$5.00 per swimmer (payable to the host school or group)
- FORMAT:** Sectional Meets will follow a prelim/final format, using the AHSAA State Meet order of events.
- MEET SCHEDULE:** Swim Prelims – Friday, Nov. 22 – Warm-up: TBA, Competition: TBA
Swim Finals – Saturday, Nov. 23 – Warm-up: TBA; Competition: TBA
Diving – TBA – Warm-up: TBA; Competition: TBA
- Note:* Warm up lane assignments and times will be posted at each pool.
Note: Please check times with Meet Director.
- SCORING:** Top 16 Relays/Swimmers will be scored as follows: 6A-7A
Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
Top 8 Relays/Swimmers will be scored as follows: 1A-5A
Individual: 20-17-16-15-14-13-12-11

Relay: 40-34-32-30-28-26-24-22

QUALIFYING: Individuals and relays placing in the top three in each event shall automatically qualify for the state meet. In the event that multiple swimmers/divers tie for third place, both swimmers/divers shall qualify for state. Any relay or swimmer who achieves the posted State Meet time standard at the Sectional Meets shall also qualify. These times must be achieved during the Sectional Meet or obtain the qualifying score in diving.

Note: Relay lead-offs and initial distance efforts will not be recognized as State Meet qualifying times. There will be no time trials held at Sectionals.

Note: Swimmers who qualify for finals must swim in finals.

AWARDS: 1A-5A Top Female Team and Top Male Team Champion will receive Team Awards.

6A-7A Top Female Team and Top Male Team Champion will receive Team Awards.

Note: No individual awards will be presented at the Sectional Meets.

ADMISSION: \$8.00 per day.

RULES: All meets will be conducted under the auspices of the Alabama High School Athletic Association and the 2019-20 NFHS Swimming and Diving Rules Book and as an Observed meet under Southeastern Swimming, Inc., of United States Swimming.

ELIGIBILITY: All participants must be eligible under AHSAA rules. Only varsity teams and individuals representing member high schools are eligible for the Section and State Meets. All participants in any meet must be accompanied by a faculty member from their school.

State Meet

- DATE:** Dec. 6-7, 2019
- SITE:** Auburn – James E. Martin Aquatics Center, Auburn University
- DIRECTOR:** Sarah Stallkamp, James E. Martin Aquatics Center, 661 Heisman Dr., Auburn University, AL 36849
Phone: 334-844-9622 (office), 334-321-1820 (cell)
Fax: 334-844-2482 **Email:** ses0032@auburn.edu
- ENTRIES:** All State Meet qualifiers will be sent to Sarah Stallkamp at Auburn University by the three Sectional Meet directors immediately following the Sectional Meet.
- NUMBER OF EVENTS:** A team may enter only four individuals per event and one relay team per event. A participant may enter a maximum of four events (diving events included), no more than two of which may be individual events. Over-entries will be deleted from the fifth entry on.
Note: Schools must enter their relay teams with individual names. It shall not count as an entry unless the competitor actually competes in the event. Any individual on the team may swim in the prelims, swim-offs and/or finals provided he/she does not exceed the permitted entries for the meet. All students listed on the entry form may participate in the relays.
A relay alternate may be listed beside an entry's name, but any substitution must be made prior to the start of the meet. 4 alternates may be listed for each relay.
- CHECK-IN:** Coaches may register and pick-up school team packets in the Aquatic Center Office from 8:30 a.m. to 4 p.m. Friday. Only the coach may register and pick up team packets.
Note: Only three (3) certified coaches per school will be allowed on the pool deck.
- AWARDS:** (a) Trophies for winner and runner-up teams in each division
(b) Medals for first three places in each event
It is the expectation of the AHSAA that all athletes and coaches display excellent character and sportsmanship during awards presentations. Failure to respond accordingly will result in a monetary fine and possible probation and/or suspension.
- NOTE:** Seats in the Aquatics center may not be saved for the next day's competition. **The Sectional and State Meets are a series meet, therefore, swimmers cannot change events once they have swum at Sectionals.**

Adaptive Sports

(Wheelchair and Para-Ambulatory)

- DEFINITION:** Wheelchair and Para-ambulatory swimming competition is open to male and female athletes with physical disabilities such as dwarfism, amputation/limb loss, blindness/visual impairment, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke.
- GENERAL ELIGIBILITY:** An ambulatory Para-athlete must have a permanent orthopedic, neuromuscular, visual, or other physical disability. Permanent orthopedic impairment and/or visual impairment shall be verified by a licensed physician and maintained on permanent file at the school and a copy sent to the AHSAA office. Additionally, similar requirements exist for wheelchair

Para-athletes. Blind student-athletes (B1, B2, B3) will only qualify for para-ambulatory and each school may only have 3 athletes per event. Blind students must compete as a tethered athlete and will require two lanes.

All high school students with a permanent, physical disability may be eligible to participate on their school's swimming team.

Students who participate must meet all AHSAA eligibility requirements. Students shall be members of the school's swimming team and shall have the opportunity to compete at the school's regular season meets (regardless of the number of adapted competitors).

Each school must complete and submit a Para-Ambulatory Swimming Athlete Declaration form.

Para-ambulatory athletes must be identified and listed in C2C before the swimming season begins.

Athletes qualify for state by competing in sectionals and must meet standards. Maximum number to qualify per class (division) shall not exceed the number of qualifiers allowed for able-bodied athletes (4).

Number of events allowed: same as able-bodied (4).

Wheelchair and para-ambulatory athletes do not compete against able-bodied athletes, but rather compete against time standards for their division as set by: Adaptive Sports USA- <https://adaptivesportsusa.org/contact-2/>

WHEELCHAIR AND PARA-AMBULATORY DIVISION QUALIFICATION STANDARDS

Participants must meet the following standard for each event in order to submit an entry for the section meet and must meet the standard again at the section meet to qualify for state. School personnel will be required to submit an official meet results document to verify the performance.

ADMISSION: \$10 per day

MEET SCHEDULE:

Friday

Diving: 9:00 a.m. – Warm-up
10:00 a.m. – Competition

Swimming Prelims: 4:00 p.m. – Warm-up
5:00 p.m. – Competition

Saturday

Swimming Finals: 1:00 p.m. – Warm-up
2:00 p.m. – Competition

Order Of Swimming Events

200 yd. medley relay	500 yd. freestyle
200 yd. freestyle	200 yd. freestyle relay
200 yd. individual medley	100 yd. backstroke
50 yd. freestyle	100 yd. breaststroke
100 yd. butterfly	400 yd. freestyle relay
100 yd. freestyle	

Sectional Alignment

CLASS 1A-5A

NORTH

Arab High School
Boaz High School
Cedar Bluff High School
Cherokee County High School
Danville High School
Decatur Heritage Christian Academy
Deshier High School
Guntersville High School
Lindsay Lane

Madison Academy
Madison County High School
Mars Hill Bible School
Priceville High School
Saint Bernard Preparatory School
Scottsboro High School
Susan Moore High School
Whitesburg Christian Academy

CENTRAL

Alabama Christian Academy
Alexandria High School
Altamont School
Appalachian High School
Briarwood Christian School
Central High School, Tusc.
Center Point High School
Donoho School
Elmore County High School
Heritage Christian School
Holy Spirit Catholic High School
Indian Springs School
Jasper High School
John Carroll Catholic High School
LAMP

Ohatchee High School
Oneonta High School
Parker, A.H. High School
Prattville Christian Academy
Ramsey High School
Sacred Heart Catholic School (ANB)
Saint James High School
Saks High School
Tallassee High School
The Montgomery Academy
Trinity Presbyterian School
Weaver High School
Westbrook Christian
Westminster School at Oak Mountain

SOUTH

Bayside Academy
Cottage Hill Christian Academy (WC)
Elberta High School
Faith Academy
Goshen High School
Houston Academy
Jackson High School
LeFlore Magnet High School
Miller, T.R. High School

Opp High School
Providence Christian School
Rehobeth High School
Satsuma High School
St. Luke's School
St. Michael Catholic High School
Straughn High School
UMS-Wright Prep School

Sectional Alignment

CLASS 6A-7A

NORTH

Athens High School
Austin High School
Bob Jones High School
Buckhorn High School
Columbia High School
Cullman High School
Decatur High School
Florence High School
Grissom High School
Hartselle High School

Hazel Green High School
Huntsville High School
James Clemens High School
Lee High School, Huntsville
Mae Jemison High School
Muscle Shoals High School
Randolph School
Sparkman High School
St. John Paul II Catholic School
Westminster Christian Academy

CENTRAL

Auburn High School
Brookwood High School
Carver, G. W. High School , (BHM)
Chelsea High School
Gadsden City High School
Gardendale High School
Helena High School
Hewitt-Trussville High School
Hillcrest High School, Tuscaloosa
Homewood High School
Hoover High School
Huffman High School
Mountain Brook High School
Northridge High School

Oak Mountain High School
Opelika High School
Oxford High School
Paul Bryant High School
Pelham High School
Pinson Valley High School
Prattville High School
Shades Valley High School
Smiths Station High School
Spain Park High School
Stanhope-Elmore High School
Thompson High School
Tuscaloosa County High School
Vestavia Hills High School

SOUTH

Alma Bryant High School
Baker High School
Baldwin County High School
Daphne High School
Davidson High School
Enterprise High School
Eufaula High School
Fairhope High School
Foley High School
Gulf Shores High School

Mary G. Montgomery High School
McGill-Toolen High School
Murphy High School
Northview High School
Robertsdale High School
Saraland High School
Spanish Fort High School
St. Paul's Episcopal School
Theodore High School